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► Many are wondering how the MTA will plug a \$250-million hole after tax revenue cuts.

Is MTA able to keep its resolutions to the city?

► No fare hikes, service cuts vowed in 2012 ► With finances shaky, can the MTA keep its promise? {page 02}

News

Santorum surprise!

► Republican politician under fire as he rises in polls ► Can Rick top Romney, Paul? {page 10}

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In the news

NYE
OWS
arrests

An Occupy Wall Street protester was charged with felony assault after he allegedly cut a cop with a pair of scissors when protesters tore down police barricades at Zuccotti Park on New Year's Eve. Nearly 70 other protesters were also arrested that night.

METRO/CG

In the news



Armed turnstile jumper nabbed

After police stopped a man for jumping the turnstile at the Port Authority subway station Sunday, they also discovered he was allegedly carrying guns. Reggie Allen had two loaded weapons, say police, and one of them was a machine gun. METRO/CG

Can the MTA stay on track in 2012?

► Budget woes await new chair of agency ► No fare hikes this year, but planned for 2013, 2015 and 2017 ► Could 'Poetry in Motion' be back?

EMILY ANNE EPSTEIN/METRO



► The new chair of the MTA, Joe Lhota, said he won't cut service or raise fares this year. Riders hope it's a promise he can keep.

Service cuts not restored

NEW YORK. As the new year dawns, some MTA board members will likely not give up their fight to push the agency to restore massive service cuts enacted in 2009.

After several board members fought to allocate \$20 million this year for service restoration, they lost by a 6-to-4 vote at the last meeting. Board member Allen Cappelli, who led the charge, will continue to push the issue this year, said Gene Russianoff of the Straphanger's Campaign. He added, "They're not letting go of this." METRO/CG

You're not the only one making ambitious New Year's resolutions: The new head of the MTA has some lofty goals, too.

Joe Lhota, who will officially take the helm of the cash-strapped agency this year, promised he won't cut any service during his tenure, or raise fares this year.

But while he's making promises, the MTA's financial health remains fragile.

"Even under the best of circumstances, the budget will be tight," said Bill Henderson, director of the Permanent Citizens Advisory Committee to the MTA, an

agency watchdog.

The MTA's \$12.6 billion projected 2012 budget is conditional on negotiations with the MTA's unionized workers, who aren't shy about vocalizing displeasure with a proposed three-year wage freeze.

To help close budget gaps, there are three planned fare hikes coming in 2013, 2015 and 2017, according to projected financial plans.

But 2012 does hold a few bits of good news for riders.

"Long-suffering bus riders will soon be able to use your cell or smartphone to

Cuts to payroll tax

Suburban business owners had long complained about the payroll mobility tax, which they were forced to pay to subsidize the MTA. But in December, Gov. Andrew Cuomo cut \$250 million from the unpopular tax. Businesses cheered, but that means less cash for the MTA's coffers.

► Cuomo promised the revenue would be replaced by state general funds, but not all are convinced his plan will work.
► "We're waiting for the execu-



utive budget to see exactly how this pledge made by the governor and legislative leaders will be fulfilled," Henderson cautioned.

► Dedicated tax revenue is also uncertain because of wavering financial markets, warned Robert Foran, the MTA's chief financial officer.

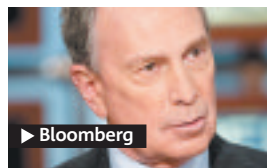
tell how far your bus is from your stop in real time," said Gene Russianoff of the Straphanger's Campaign.

Also, Russianoff speculated the MTA may plan to bring back the popular "Poetry in Motion" ads that dotted subway trains, although the MTA wouldn't confirm it.

"You may get stuck in a subway tunnel, but it will be your chance to catch up on Langston Hughes and Emily Dickinson," Russianoff said.



EMILY ANNE EPSTEIN
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► Bloomberg

Live longer in New York City

New data from New York City's Bureau of Vital Statistics shows that the city's life expectancy is higher than the national average. Mortality rates from HIV, heart disease and cancer

are all down.

"If you want to live longer and healthier than the average American, come to New York City," said Mayor Michael Bloomberg. METRO/ME

80.6 Babies born in New York in 2009 have a life expectancy of 80.6 years, more than two years longer than the national average.

After helping countless knee pain sufferers eliminate their pain, a local doctor warns,

“If you or a loved one are scheduled for knee surgery, READ THIS ARTICLE BEFORE IT’S TOO LATE.”

A safe, non-surgical FDA cleared treatment is now locally available, proven to effectively reduce and even eliminate knee pain. The best part? It's covered by most insurances.



According to the American Academy of Orthopaedic Surgeons (AAOS), there are about 270,000 knee replacement operations performed each year in the United States. This image depicts the procedure.

Manhattan, New York:

Today, the average American lives about 30 years longer than they would have a hundred years ago. However, the age of premature wear and tear to knee joints is occurring at an alarming rate (half of all anti-inflammatory drug prescriptions written in the U.S. are for joint pain). Most patients treated are getting younger and younger. We're noticing that even busy executives have extremely active lifestyles. Between stressful deadlines, caring for families, and participating in exercise and sports, they're actually grinding their joints away. And sometimes, it goes unnoticed until it's too late.

Considering Surgery?

People who suffer from knee pain typically try supplements or pain medications before seeking help from a doctor. When all else fails and the pain is too much, some think that surgery is the only option.

However, there's good news... and you've probably never even heard of it.

A revolutionary new non-surgical treatment called *Viscosupplementation Therapy* is providing hope and relief for many knee pain sufferers. Offered locally by Dr. Halland Chen, M.D., this procedure is minimally invasive, requires **no** surgery, provides immediate results, and has little to no recovery time.

How does this therapy work?

Dr. Chen uses the newest, most advanced technology in medical equipment and years of experience to pinpoint problem areas with extreme accuracy. Viscosupplementation is then injected into the knee and bonds with naturally occurring joint fluid to create a lubricating and cushioning layer. It also reduces pain, inflammation, and swelling of the joint. Most patients compare the treatment to getting a flu shot and report little pain or discomfort.

**Precision is the difference.
Fact: 1 of 5 blind injections
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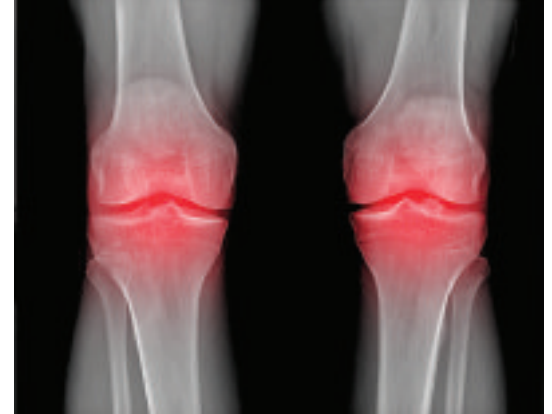
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An actual Hyaluronic Acid (Hyalgan) injection performed by Dr. Halland Chen, utilizing the new 2011 Philips® C-Arm

1. Daley EL, Bajaj S, Bisson LJ, et al. Am J Sports Med. 2011 Mar;39(3):656-62. Epub 2011 Jan 21.
2. Bannuru RR, Natov NS, Obadan I, et al. Therapeutic Trajectory of Hyaluronic Acid Versus Corticosteroids in the Treatment of Knee Osteoarthritis: A Systematic Review and Meta-Analysis. Arthritis Rheum. 2009 Dec 15;61(12):1704-11.

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Read this if you have already had treatment with Hyalgan® or cortisone without good results.

If you have already had treatment with one of the products listed above (even Hyalgan®) and did not get the results you were looking for, we still may be able to help you. And here is why:

Of the above treatments, Dr. Chen uses Hyalgan® because it has greater long-term effectiveness,^[2] and in his clinical experience, has given him the best results.

Hyaluronic acid (Hyalgan®) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint, called *synovial fluid*. In patients with osteoarthritis, synovial fluid “dries up,” allowing the cartilage of the joint to rub against itself and other surfaces. This causes pain, inflammation, and usually damage to the joint. Think of this treatment like oiling a rigid, squeaky door hinge.

Studies show that doctors performing joint injections without fluoroscopy can miss the joint space 1 out of 5 times.^[1] Dr. Chen is trained in the use of state-of-the art fluoroscopy (a low-dose motion x-ray) to see inside the joint to make sure treatments have the best possibility for maximum success.

If your doctors did not use this state-of-the-art fluoroscopy, there's a chance that the Hyalgan® did not end up where it was supposed to.

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Unfortunately at this time, we do not participate with Medicaid, Worker's Comp., No-fault (car accident insurance), and EPO or HMO plans.

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Possible hate crimes in QNs

▶ **Police say one man targeted four sites with Molotov cocktails, including mosque, Hindu temple and house**

Police are investigating what they say are possible hate crimes in Queens, after a mosque and a Hindu temple were both targets of Molotov cocktail attacks Sunday night.

The first incident happened around 8 p.m. Sunday, when a homemade bomb made from a glass bottle was thrown at the counter of a bodega on Hillside Avenue.

About 45 minutes later, between 60 and 80 people were inside the Al-Khoei Benevolent Foundation mosque in Jamaica when a Molotov cocktail was thrown at one of the building's doors and exploded. No one was injured in the incident and the damage caused was minor, said a mosque employee.

"It is a surprise that we are not expecting here in New York to happen," said Munir Hussain, who works in administration for the mosque, which also houses a school. Hussain said parents have voiced concern, but security has been increased and classes will resume today.

Explosives cause house fire

▶ Police say a house was also badly damaged Sunday after the same person threw a fourth Molotov cocktail at a private home on 107th Ave. in Queens just after 8 p.m. Police are investigating the fourth incident as part of a hate-crime pattern. No one was injured in the fire.

Another attack that night involved explosives thrown at a home that also holds Hindu worship services on 170th Street.

"The attacks on a religious institution and private property in Queens represent a brand of intolerance that cannot be allowed to stand," said Public Advocate Bill de Blasio. "I urge full prosecution of these attacks as the hate crimes they are."

Police think one suspect is behind all the attacks.



CASSANDRA GARRISON
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Sports. Western



▶ A rider gets thrown from his bull.

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Abdominal fat reducer provided to Hollywood stars by famous plastic surgeon now available to public

An advanced line of products produced by famous Beverly Hills plastic surgeon Dr. Frank Ryan is now available to the public.

Previously these products had only been available to Dr. Ryan's clients which included Oscar winning Hollywood movie stars and celebrities across the nation. These products substantially improve personal appearance without plastic surgery.

Dr. Ryan, perhaps the most famous Hollywood plastic surgeon in recent times, was extensively featured on television and in magazines across the nation. Dr. Ryan was also one of the first professional staff members of Endless Youth and Life which provides products and services that make celebrities look and perform many years younger than their age.

On August 16, 2010 Dr. Ryan died in a tragic car accident. It was Dr. Ryan's wishes that Endless Youth and Life would make his advanced non-surgical product line available to the public in the future. Endless Youth and Life is now complying with Dr. Ryan's wishes.

The first product being offered to the public is Dr. Ryan's most popular non-surgical personal appearance enhancement product, Dr. Frank Ryan's Abdominal Fat Reducer.

Abdominal fat is the most stubborn fat to reduce and it is also the most hazardous fat to health. Abdominal fat produces destructive hormones that spread throughout the body. A clinical study has shown that Dr. Frank Ryan's Abdominal Fat Reducer can reduce your pot belly without changing your diet or physical activity.

A double blind clinical study was conducted on Dr. Frank Ryan's Abdominal Fat Reducer. The study was commissioned by Advanced Supplement Research and used a research group which conducts clinical studies for the major drug companies.

The test subjects in the study lost significant weight and reduced their pot belly without changing their diet or

physical activity. People who were not exercising or dieting lost weight and pot belly as well as those who were exercising and dieting.

The study also showed that Dr. Frank Ryan's Abdominal Fat Reducer significantly increased calorie burning so that you lose weight faster or you can eat more food without gaining weight. And, the study found that the all natural Dr. Frank Ryan's Abdominal Fat Reducer pill produced weight loss safely.

How does Dr. Frank Ryan's Abdominal Fat Reducer work?

It was found in a number of research studies that a substance called Conjugated Linoleic Acid (CLA) decreases abdominal body fat in three ways: 1.) CLA decreases abdominal body fat mass by decreasing the amount of abdominal fat that is stored after eating; 2.) CLA increases the rate of fat breakdown in abdominal fat cells; and 3.) CLA increases the rate of abdominal fat metabolism which decreases the total number of fat cells. You can think of CLA as a match that lights the fuse in abdominal fat. This fuse also increases metabolic rate that can result in more fat loss. Dr. Frank Ryan's Abdominal Fat Reducer contains the effective dose of CLA.

CLA interferes with an enzyme called lipoprotein lipase (LPL). LPL is an enzyme that helps store fat in the body.² So, by inhibiting this fat-storing enzyme LPL, CLA can help reduce the re-accumulation of fat.

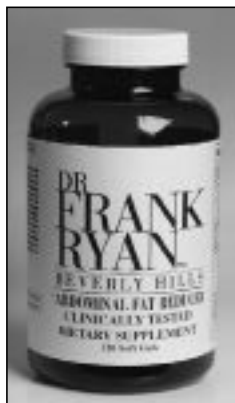
CLA also helps the body use its existing abdominal fat for energy, thereby increasing fat oxidation and energy expenditure.

Dr. Frank Ryan's Abdominal Fat Reducer also contains other super highly advanced all-natural ingredients that help reduce abdominal fat.

Studies have shown that Dr. Frank Ryan's Abdominal Fat Reducer ingredients increase the rate of fat metabolism, which reduces both surface and intestinal abdominal fat and helps inhibit future formation of these abdominal fats.^{3,4,5} One of these ingredients is a very high quality and



Dr. Frank Ryan, famous plastic surgeon to the Hollywood stars, was featured on television and in magazines across the nation on an extensive basis. Before he died in a tragic car accident on the Pacific Coast Highway near his ranch in Malibu, Dr. Ryan fulfilled his life-long dream of developing a line of products which would substantially improve personal appearance without plastic surgery. This product line, which includes an advanced abdominal fat reducer was previously only available to Dr. Ryan's clients. It has now been made available to the public.

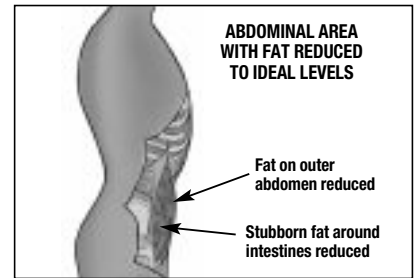
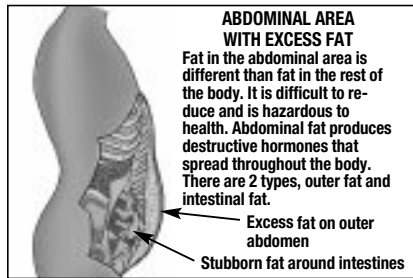


Dr. Frank Ryan's Abdominal Fat Reducer

potent extract of green tea. This extract is EGCG, which has been shown in clinical studies to dramatically and quickly increase calorie burning which helps to quickly reduce abdominal body fat.⁴ These ingredients start working in 20 minutes to increase calorie burning, which is the first step to reducing the pot belly.

Today readers of this publication can get Dr. Frank Ryan's Abdominal Fat Reducer at a major discount if they order in 10 days from the date of this publication. The regular price of a 30-day supply of Dr. Frank Ryan's Abdominal Fat Reducer is \$59 plus \$3.95 shipping and

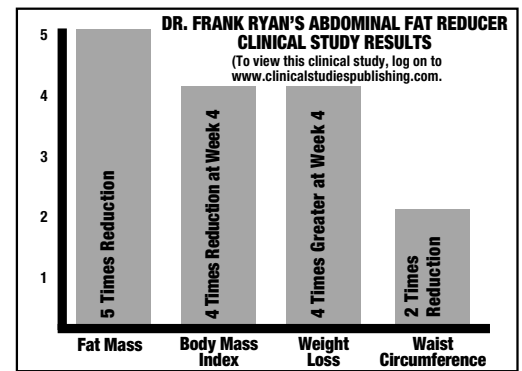
¹Int J. Obesity 2001 25:1129-1135
²LPL (Lipoprotein Lipase) reference Lipids, 1997 Aug 32(8):853-858
³AMJ Clin Nuff. 1989 Jan; 49(1):44-50
⁴AMJ Physiol. 1995 Oct; 4(41):E671-8



I'm Johnnie Smith. I was on Dr. Frank Ryan's Abdominal Fat Reducer for 30 days. I lost 21 pounds and lost 4 inches off my waist without any changes to my diet or physical activity.



My name is Christie Kuykendall. Thanks to Dr. Frank Ryan's Abdominal Fat Reducer I was able to lose all of my stubborn pot belly without changing my diet or physical activity.



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The regular price of a 30-day supply of Dr. Frank Ryan's Abdominal Fat Reducer is \$59 plus \$3.95 shipping and handling. People reading this publication get a \$20 discount plus free shipping and handling and pay only \$39 for Dr. Frank Ryan's Abdominal Fat Reducer delivered if you order within 10 days. There is a strict limit of 3 bottles at this discount price-no exceptions please. Dr. Ryan's other products include topicals, which reduce wrinkles and tighten saggy skin without plastic surgery. People who order Dr. Frank Ryan's Abdominal Fat Reducer will have access to these highly advanced products used by the Hollywood stars.

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⁵Metabolism 2000 Jan; 49:101-7
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Jets season ends in tears,

► Rex, GM Tannenbaum endorse job done by Schottenheimer this season
► Will interview for Jags head coach

The Jets won't be the one to axe offensive coordinator Brian Schottenheimer, the whipping boy of an offense that finished the year 25th in the league. But while the Jets remain committed to their embattled coordinator, he may not be with them much longer.

Yesterday afternoon general manager Mike Tannenbaum confirmed reports that Schottenheimer interviewed for the head coaching position in Jacksonville. Head coach Rex Ryan, who broke down in tears during a team meeting yesterday morning, estimated it was "50-50" whether Schottenheimer would leave for the open position with the

Jaguars.

"We do expect Brian Schottenheimer back. He's been with us now six years and we really respect the job he's done with three different quarterbacks, two championship games," Tannenbaum said. "He's done an incredible job for us."

Chants of "Fire Schotty" became commonplace during Jets games, especially as the offense struggled despite its star power.

"We signed Brian to a contract extension," Ryan said. "We know the kind of work ethic he has. He's smart; he's a football guy."



KRISTIAN DYER
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► Calvin Pace and the Jets came undone in the final two weeks of the season as the team argued on and off the field.

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Scott flips off media at locker

No one on the Jets was eager to talk to the media on cleanout day in the team locker room. Linebacker Bart Scott least of all.

Scott, the often loquacious leader of the Jets defense, threw his stuff in a garbage and bag and

headed out. But not before flipping off the media and yelling at a cameraman.

"Get that f— thing out of my face," Scott said.

Pro Bowl cornerback Darrelle Revis also gave a no comment, while the man at the center of much of the controversy, Santonio Holmes, grabbed a box of stuff from his locker and was escorted out by Jets staff without talking. ● METRO



► Scott

GETTY IMAGES

JIM MCISAAC/GETTY IMAGES



► Santonio Holmes is guaranteed \$15.25 million next season, making any move unlikely.

Holmes likely to return in 2012

A player once known as "Tone Time" for his fourth-quarter clutch performances spent the final minutes of Sunday's loss in Miami sulking on the bench as his team tried to mount a comeback.

Despite his antics, Ryan is hoping the bridge between the Jets and their biggest playmaker on offense can be mended.

"First off, to dismiss some of the good things Santonio's done here for the two years he's been here — he's been a tremen-



"Are there some things we need to get corrected? Absolutely, and it's not just with him."
REX RYAN, JETS HEAD COACH

dous player for us, won a ton of games for this franchise. He's been a good teammate. There's a lot to

him, a lot of positives things about Santonio," Ryan said. "I believe Santonio will be back next year."

Ryan won't be naming captains for the upcoming season, something with which he said he never truly felt comfortable.

"This is something I think I made a huge mistake [on]. Not just naming Santonio a captain — all the captains. It's not a reflection on anyone in particular, but we're not going to have those anymore."

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Charm Bracelets.....	Up To.....\$5,500	Lovemarks.....	Up To.....\$8,000
Sterling.....	Up To.....\$10,500	Gemstone Jewelry.....	Up To.....\$1,000
Bracelets.....	Up To.....\$10,500	Bakelite Rings.....	Up To.....\$250
Cameos.....	Up To.....\$750	Rural Design.....	Up To.....\$12,500
Victorian.....	Up To.....\$10,500		

We Need Your Jewelry Items!



Bring in your unwanted jewelry in any condition for a free evaluation and a cash offer today!

We pay more for rare items. Many more items not listed accepted!



DIAMONDS

Instant Cash For:

1/4 Carats.....	Up To.....\$375
1/2 Carats.....	Up To.....\$1,500
1 Carats.....	Up To.....\$4,250
2 Carats.....	Up To.....\$15,250
3 Carats.....	Up To.....\$20,000
4 Carats.....	Up To.....\$35,000
5 Carats.....	Up To.....\$43,000
6 Carats.....	Up To.....\$55,000

We Need Larger Diamonds! 2 Carats and Up!

We buy all shapes, sizes & styles of cuts. Also diamonds with or without GIA certificates as well as old miners and European cuts.

Bring your items in for a FREE EVALUATION!

SILVER JEWELRY

We Buy in Any Style & Condition!



Both Men & Women's Silver Jewelry Purchased

- Rings
- Necklaces
- Anklets
- Earrings
- Pendants
- Toe Rings
- Chains
- Bracelets
- Engraved



GOLD

All Types Needed
Instant Cash For:

Pay up to for the following:

Chains & Necklaces.....	Up To.....\$250
Class Rings.....	Up To.....\$500
Charm Bracelets.....	Up To.....\$5,500
Wedding Bands.....	Up To.....\$250
Mountings.....	Up To.....\$750
Antique Items.....	Up To.....\$5,500
Single Flatware Items.....	Up To.....\$750
Dental Gold Items.....	Up To.....\$500
Coins & Bullion.....	Bring for quote
Scrap Gold.....	Bring for quote

We Buy Anything Made of Gold or Platinum, Even Broken or Damaged!



ALL TYPES OF COINS WANTED

We will pay up to for the following rare coins:

U.S. Silver Halves 1834 and Older	U.S. Three Cent Pieces 1869 and Older
U.S. Silver Quarters 1902 and Older	U.S. Two Cent 1873 and Older
U.S. Silver Dimes 1834 and Older	U.S. Indianhead 1 cent 1899 and Older
U.S. Half Dimes 1873 and Older	U.S. Large Cent 1957 and Older
U.S. Nickels 1913 and Older	U.S. Half Cent 1857 and Older

Your Coins Could be Worth Up To Hundreds — Even Thousands!

*Check your items to see if you own any of these valuable coins:

U.S. Silver Halves - 1870 CC.....	Up To.....\$3,000
U.S. Silver Quarters - 1901 S Quarters.....	Up To.....\$2,500
U.S. Silver Dimes - 1885 S.....	Up To.....\$2,500
U.S. Half Dimes - 1802 Heraldic Eagle Reverse.....	Up To.....\$4,000
U.S. Two Cent - 1884 Small Motto.....	Up To.....\$1,000
U.S. Large Cent - 1803 Large Date Small Fraction.....	Up To.....\$1,250
U.S. Half Cent - 1793.....	Up To.....\$1,250



SILVER DOLLARS

We pay up to the following for rare dollars:

1794 to 1803	1840 to 1873	1878 to 1904
1836 to 1839	Trade Dollars	1921 to 1935

Your Coins Could be Worth Up To Hundreds — Even Thousands!

Check your items to see if you own any of these valuable coins:

1798 15 Stars obverse.....	Up To.....\$25,000
Goldreel reeded edge dye alignment.....	Up To.....\$5,500
1873CC Liberty Seated.....	Up To.....\$5,500
1878CC.....	Up To.....\$15,500
1883CC.....	Up To.....\$13,000
1925.....	Up To.....\$5,500

Our Aim is to Beat Most Offers!

We Strive to Beat All Legitimate Written Offers

Before Bringing your items to us, take them to other dealers. Have them give you legitimate offers in writing. Then bring your jewelry and written offers to one of our locations. Although no one can guarantee with certainty they are paying the highest price for an article at any particular time, we will strive to beat most legitimate written offers.

A Note Regarding the Up To Prices listed in this Ad

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth \$7,000 in new condition or less than \$20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

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2 DAYS ONLY!

TOMORROW WEDNESDAY, JAN. 4th & THURSDAY, JAN. 5th

at the Hilton New York Hotel and the Marriott Brooklyn Bridge.



YOUR ITEM LIST



Take a few moments to check off the items you may have that we need!

JEWELRY

- ☐ Gold Jewelry
- ☐ Silver Jewelry
- ☐ Diamond Jewelry
- ☐ Wristwatches
- ☐ Pocketwatches
- ☐ Antique Jewelry
- ☐ Cameos
- ☐ Platinum Jewelry

CHARM BRACELETS

- ☐ Charm Bracelets
- ☐ Gold Rings
- ☐ Gemset Jewelry
- ☐ Eternal Items on Gold & Silver
- ☐ Dental Gold

COINS & PAPER MONEY

- ☐ Silver Dollars (Pre-1935)
- ☐ Silver Coins (Pre-1964)

SILVER BARS

- ☐ Gold Bars
- ☐ U.S. Gold Coins
- ☐ Foreign Gold Coins
- ☐ Gold Bullion Coins
- ☐ Proof Sets
- ☐ Mint Sets
- ☐ Paper Money (1990-1994)
- ☐ Coin Collections

CONSON CITY SILVER DOLLARS

- ☐ Indianhead Pennies
- ☐ Investment Coins
- ☐ Certified Coins

STERLING SILVER

- ☐ Silver Jewelry
- ☐ Flatware Sets
- ☐ Single Flatware Items

TEA SETS

- ☐ Antique Items (all kinds)

PLEASE NOTE: We can arrange one of our representatives to visit your home if you have a large jewelry and coin collections.

STERLING SILVER

All Time Periods, Kinds & Types

We will pay up to for the following:

Centerpieces.....	Up To.....	\$3,500
Claret Jugs.....	Up To.....	\$750
Full Flatware Set.....	Up To.....	\$8,500
Punch Bowls & Sets.....	Up To.....	\$5,000
Single Flatware Items.....	Up To.....	\$750
Tea Sets.....	Up To.....	\$5,000
Trophies.....	Up To.....	\$1,500

We Buy Any Type of Sterling Silver!

We purchase sterling silver of all types and makers. Rare and unusual items command the highest prices.



GOLD COINS

We pay up to the following for rare gold:

United States		
\$1.00 1849 to 1889	\$5.00 1795 to 1833	\$10.00 1795 to 1804
\$2.50 1796 to 1834	\$2.00 1834 to 1838	\$10.00 1839 to 1932
\$2.50 1840 to 1929	\$5.00 1839 to 1908	\$20.00 1860 to 1933
\$3.00 1854 to 1889	\$5.00 1908 to 1929	

Your Coins Could be Worth Up To Hundreds — Even Thousands!

*Check your items to see if you own any of these valuable coins:

\$1.00 1849C.....	Up To.....	\$10,500
\$2.50 1795 Capped Bust large left side.....	Up To.....	\$18,000
\$2.50 1841 Quarter Eagle Liberty Head.....	Up To.....	\$5,000
\$3.00 1854D.....	Up To.....	\$10,500
\$5.00 1795 Small Eagle.....	Up To.....	\$20,500
\$5.00 1838D.....	Up To.....	\$10,500
\$5.00 1842C Small Date, 1861D, 1864S.....	Up To.....	\$6,500
\$5.00 1909A, 1929.....	Up To.....	\$6,500
\$10.00 1880D, 1883S, 1875.....	Up To.....	\$8,000
\$25.00 1886D, 1884D, 1886D, 1861S, 1870CC, 1886, 1891.....	Up To.....	\$10,500

WRIST & POCKET WATCHES

All Kinds, Time Periods & Types

Rare Watches Worth a Fortune in Cash! Pay up to for the following:

Bell.....	\$4,000	Galett.....	\$1,250	Seth Thomas.....	\$1,500
Bentley.....	\$15,000	Hamilton.....	\$200	Tiffany & Co.....	\$15,000
Cartier.....	\$12,500	Wilsco.....	\$1,500	Ulyssee Nardin.....	\$15,000
Courant.....	\$2,000	Julius Jurgensen.....	\$15,000	Chronograph Watches.....	\$15,000
Disham.....	\$14,000	LeCoultre.....	\$6,000	Ladies Watches.....	\$11,000
Dorley.....	\$11,500	Longines.....	\$13,000		
E. Howard & Co.....	\$12,000	Movado.....	\$2,500		
Elgin.....	\$750	Omega.....	\$2,500		
Fredstrom.....	\$12,000	Rolex.....	\$16,000		

PLEASE NOTE:

We also purchase watches that are NOT in working order.

Breitling
Up To \$15,000Rolex - All Kinds
Up To \$16,000Tiffany & Co.
Up To \$15,000Cartier
Up To \$12,500Longines
Up To \$13,000

WANTED ALL SILVER COINS

1964 or Prior



Satisfied Customer Testimonials

Really like it here! Everyone is very kind, great atmosphere. I have been back 4 times!

— C. Pace

I have been here 2 times and both times the people that work here were very friendly. I would definitely recommend this to my friends!

— J. Gloor

It was really fast!

— A. Davis

I heard about this store from the radio and as soon as I got the chance I came to sell my unused jewelry. It was a great & friendly service and I will be back!

— J. Smith

My service was exceptional!

— C. Jannetty

Very informative & professional. A relaxed atmosphere & experience.

— D. Bee

The staff was helpful and friendly. I was able to take old jewelry and walk away with a handsome amount of money.

— D. Smith

I was offered a certain amount at one place and when I sold RCFG the

amount they beat the price by a good amount. People are very friendly and courteous.

— J. Almosquist

I had fun selling my old jewelry that was broken. Received some extra cash for Springfield and our new puppy. I would recommend RCFG!

— C. Lang

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NYC's #1 FREE DAILY
TUESDAY, JANUARY 3, 2012

Gift returns set for a record?

NEW YORK. After the holiday party comes the hangover for retailers: handling millions of returns this week.

With a Christmas season that has seen record e-commerce sales coming to a close, returns should hit an all-time high on Tuesday for United Parcel Service.

550K+
UPS expects to handle more than 550,000 returns today.

The delivery company expects to handle more than 550,000 returns on Tuesday, a record that's up

almost 8 percent from a year earlier. Several other days during the first week of 2012 will also top half a million returns, UPS said.

"This will definitely be the busiest year for returns," Ken Burkeen, a marketing director at UPS, told Reuters. **REUTERS**

Santorum surges, poised for surprise as right wing votes

► With time running out, rivals of Republican Rick Santorum raised doubts about his conservative record

Santorum, a second-tier candidate until a jump in the polls occurred last week, claimed the momentum as he and the other Republican candidates barnstormed across Iowa making final arguments and trying to bolster turnout ahead of today's Iowa caucuses.

Former Massachusetts Gov. Mitt Romney and libertarian Congressman Ron Paul are neck and neck in the lead in Iowa polls.

But Santorum, uniting voters on the Christian right who have been divided for months, is making a late move and could pull off a victory.

Texas Gov. Rick Perry, who could suffer with a good Santorum showing, tried to slow the momentum of the former Pennsylvania senator, who lost his re-election bid in 2006.

REUTERS



► Rick Santorum speaks during a campaign rally at the Hotel Pattee yesterday in Perry, Iowa.

Romney eyes Iowa advantage

DES MOINES. With the Iowa caucuses looming today, it seems inevitable that the former Massachusetts governor will do well in, if not win, the first contest in the race for the

Republican nomination for president.

But even as Romney appears positioned to take control of the Republican race, a question hangs over his campaign: Can he connect with voters on a personal level any better than he did during his losing campaign in 2008 — or even inspire them?

Nearly three days of traveling with Romney in Iowa revealed a candidate who has improved significantly in face-to-face encounters with voters, but who still has difficulty inspiring them.

Romney's crowds are respectful, but not the boisterous groups one might associate with a front-runner. **REUTERS**

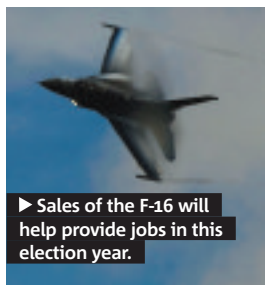
Analysis: Fighter jet sales soaring

► Sales of military planes to Middle Eastern countries could actually boost economy in midst of '12 campaign

Booming Middle East purchases of U.S. fighter jets will be a bright spot in what is expected to be a sluggish economy in 2012, possibly paying dividends for President Barack Obama's bid for a second term.

Beneficiaries include Lockheed Martin Corp. and Boeing Co., whose respective F-16 and F-15 production lines are being extended by U.S. government sales to Iraq, Saudi Arabia and Oman, among other rich arms deals announced in recent weeks.

The foreign sales will help offset expected cuts in big-ticket purchases by the Defense Department, which is set to lose at least



► Sales of the F-16 will help provide jobs in this election year.

GETTY IMAGES

\$450 billion in previously projected funding through 2021 as part of a deficit-reduction push. Additional cuts totaling another \$500 billion to \$600 billion over the same period are scheduled to kick in next year unless a new deficit-reduction plan is adopted by

Congress.

The sales of fighters, missiles and other advanced U.S. weapons will help provide jobs as the United States heads into an election campaign expected to focus on the domestic economy. It has been growing at only half the pace needed to get the jobless rate down from 8.6 percent, a problem for Obama as the incumbent.

The Obama administration announced last week it had finalized a record \$29.4 billion Boeing F-15 sale to Saudi Arabia, dwarfing previous individual U.S. arms deals and supporting jobs by increasing exports.

REUTERS

Politics. Money



► Some 157 billion euros (\$203 billion) of European debt will mature during the first three months of 2012.

Euro leaders aim to buy time to save currency

European leaders return to work this week seeking to buy time for the Spanish and Italian governments to wrest control over their debt and rescue the single currency from fragmentation in its 10th anniversary year. BLOOMBERG

Iran test-fires missiles in Gulf exercise

TEHRAN. Iran said yesterday it had successfully test-fired what it described as two long-range missiles, flexing its military muscle in the face of pressure over its nuclear program.

The announcement came at the climax of 10 days of naval exercises in the Gulf, during which Tehran has warned it could shut the Strait of Hormuz if sanctions were imposed on its exports.

Analysts say Iran's increasingly strident rhetoric, which has pushed oil prices higher, is aimed at sending a message to the West that it should think twice about the economic cost of putting further pressure on Tehran. REUTERS

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip [@dorothyatmetro](#) [dorothy.robinson@metro.us](#)

Katy Perry and Russell Brand: What happened?



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Ashton Kutcher has high hopes for the new year, Lindsay Lohan wants to be alone, Kelly Clarkson is not a morning person and Albert Brooks already feels like a failure.

@aplusk

In 2012 let's agree to a resolution to feel one another's pain & joy, & create the peace we desire through proactive generosity. XO ak

@lindsaylohan

It's good to sit with yourself and have alone time

@kelly_clarkson

5:30 AM is definitely too early to have to wake up.

@AlbertBrooks

My New Year's resolution was to stop tweeting.



Kelly Clarkson

Without knowing either of the stars, please join me as I wildly speculate what drove Brand to file divorce papers last week after only 14 months of marriage.

Too much, too soon

The two met in 2008 on the set of Brand's 2010 comedy "Get Him to the Greek." After meeting again at the MTV Video Music Awards in 2009, the two started dating. Four short months later, the two got engaged, when Perry was just 25. The two got married at a tiger sanctuary in India eight months later.

Different lifestyles

Brand is a famous former heroin and sex addict as well as a recovering alcoholic — and is now sober and so likes to stay in. Katy Perry sings songs about blacking out on Friday nights — and likes to party



► Or maybe they just realized their outfits eternally clashed?

PHOTOS: GETTY IMAGES

with people like Rihanna. Oh, and Perry's family are evangelical Christians. And, well, you read the part about Brand being a recovering sex addict, right?

The fame game

This has been the busiest year for Perry — she became the first woman in the 53-year history of the Billboard Hot 100 to send five songs from an album to No. 1 with her sophomore album "Teenage Dream." She went on a massive tour, performed at most awards shows and debuted a rainbow of new hair colors. Brand starred in "Arthur." Enough said.

Her bra finally ran out of whipped cream

You know what they say: In any relationship, it's important to keep things interesting in the bedroom.



► Tyler and Brady

Tyler asked the 'Big One'

Steven Tyler proposed to longtime girlfriend **Erin Brady** over the Christmas holiday, and apparently some members of his family are less than thrilled about the news, according to TMZ. "She's just not nice," a source close to the family says. "She's just been mean to the family." There's reportedly some extra tension over the fact that Tyler didn't consult with the family before popping the question.

Talking points

McConaughey makes baby mama legit

It only took five years and two children together, but **Matthew McConaughey** is now sure he wants to settle down with **Camila Alves**. "Just asked Camila to marry me. Merry Christmas," McConaughey posted on his WhoSay page on Christmas Day, accompanied by a photo of the pair kissing. There's no word



Alves and McConaughey

on when the wedding will take place, but chances are the happy couple aren't in any hurry.

Saldana and Cooper: It's on!

After splitting with her fiancé of 11 years in November, **Zoe Saldana** has reportedly moved on to People magazine's Sexiest Man Alive, **Bradley Cooper**, according to E! News. "They are totally dating," a source says of the pair, who co-star in the upcoming film "The Words." The source adds that the pair is trying to keep the budding

relationship under wraps.

The Royal couple keeps things low-key

Prince William and his wife, **Kate Middleton**, decided to cancel a holiday ski trip because of the continuing recession, according to Us Weekly. "The palace thinks it would send a bad message to be away during this time," a source says. The royal couple instead spent Christmas with the Queen before spending the rest of the holiday week with Middleton's family.



How celebrities rang in the new year

1. Lady Gaga and New York Mayor **Michael Bloomberg** shared a kiss as they celebrated the beginning of the new year in New York City.

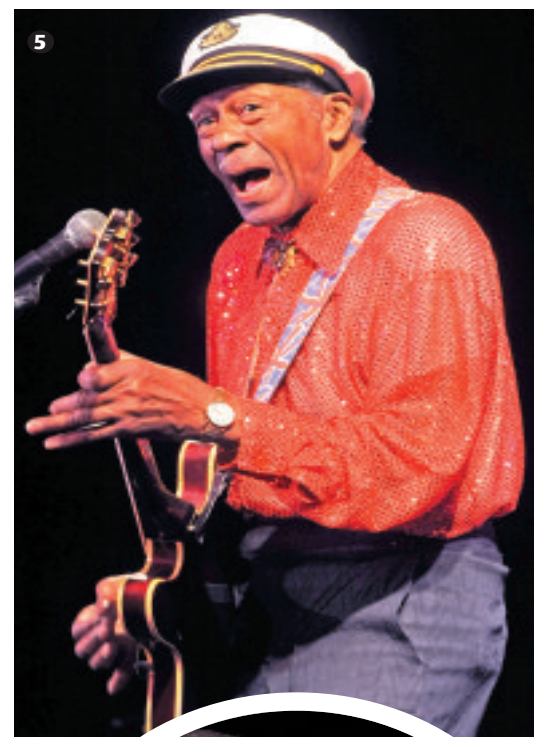
2. To ring in 2012, **Real Housewife Gretchen Rossi** partied at Drink Houston in Houston, Texas.

3. Rapper Drake performed onstage during "New Year's Eve 2012 With Carson Daly" in NYC's Times Square.

4. Rihanna attended Sean Diddy Combs' CIRC's New Year's Eve party at a private home in Miami.

5. Chuck Berry, a sprightly 85, entertained concert-goers at B.B. King Blues Club & Grill in New York City.

6. Wynton Marsalis performed during his show, New Year's Eve With Wynton Marsalis, at Dizzy's Club at Jazz at Lincoln Center in New York City.



1: JEMAL COUNTESS/GETTY IMAGES
2: BOB LEVY/GETTY IMAGES FOR CIRC VIOKA
3: NEILSON BARNARD/GETTY IMAGES
4: GUSTAVO CABALLERO/GETTY IMAGES FOR CIRC VIOKA
5: BOBBY BANK/WHITEIMAGE
6: FERNANDO LEON/GETTY IMAGES

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Meet Robbie and Stephen Keszey from Discovery Channel's Swamp Brothers. Catch a photo op, an autograph and hear straight from them what it's like making their living breeding and caring for hundreds of slithering, poisonous and sharp-toothed creatures at Florida's largest reptile sanctuary and exotic reptile

dealership Friday-Saturday. Check NYBoatShow.com for appearance times.



Paddlepalooza: Show-goers can put their paddling skills to the test at Paddlepalooza. Stand-up paddling and SUP yoga are continuing trends in fitness and on-the-water activities. Visitors can test their balance right on the show floor! These free daily demonstrations include introductions and advanced techniques of Stand-Up Paddling (SUP), which combines surfing and kayaking. Plus, yoga buffs can watch instructors show off their best downward facing dog with SUP Yoga and fitness gurus can take in a demo of the PaddleFit program, an exercise that focuses on core power; and learn new techniques to increase speed and race competitively in the sport of SUP. For schedules, visit NYBoatShow.com

Fred's Shed DIY Seminars & Interactive Education Center:

Do-it-yourselfers or boat owners interested in maintaining, repairing or upgrading their boat or engine can head to Fred's Shed DIY Seminars & Interactive Learning Center for practical, professional advice. These free daily seminars and talk-show format clinics cover a variety of topics including keeping your boat "shipshape", choosing and installing marine electronics and maintaining gas engines. "The Boating Guy" and certified marine service technician "Fred, The Outboard Doctor" bring more than 50 years of boating and "wrench-slinging" experience to the Shed. Visitors can stop by to see a cutaway boat and motor, participate in hands-on clinics and get their questions answered. For schedules, visit NYBoatShow.com



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three-hour interactive workshops offered by The Annapolis School of Seamanship Jan. 6-8 from 9am-Noon before the show opens each day. Attendees can learn the basic tricks to maneuver a boat in close quarters, take in a demo to learn how to operate and maintain marine diesel fuel systems, participate in hands-on demonstrations for anchoring and line handling, and get a look at some modern navigational electronics. Cost: \$85 per person includes two days of show admission, a three-hour intensive workshop, instructional takeaway items, and a \$25 gift certificate for classes at Annapolis School of Seamanship. Pre-registration is required for all workshops. For schedules, visit NYBoatShow.com

Welcome to the Water Center:

This is a must-attend for boaters just getting started who want to learn how to make the most

of their time on the water, feel more confident at the helm and for those with smaller budgets. Attendees can get expert, unbiased advice and free daily seminars from "The Boating Guy" and gain access to local resources to help novice boaters navigate the boating lifestyle. Those who think owning a boat is out of their reach can swing by the Boating on a Budget Showcase, where they can research and shop a variety of boats that can be financed for \$250 or less per month.

Show-goers with a competitive streak can rev up their engines at the Power Boat Docking Challenge. This interactive experience pits participants against one another as they



compete against the clock. Participants will steer and dock a 4ft, twin engine, remote-controlled powerboat from an actual life-size boat helm then down a 20ft pool into a slip at a marina. For schedules, visit NYBoatShow.com

Fishing University: These free informative and entertaining daily fishing education sessions and hands-on demos hosted by top local pros; Presented by Allstate and produced in partnership with *The Fishing Line*. For schedules, visit NYBoatShow.com

The 107th annual show is the perfect place for people of all ages to get their boating fix in the off-season. The Show also has tons of activities

for young skippers. Watch their eyes light up as they get the chance to step on board and tour the boats. Straight from Bikini Bottom, SpongeBob SquarePants' best friend Patrick Star will be at the Show on Saturday & Sunday, from 12-4pm. Kids won't want to miss their chance to meet & greet the lovable guy and snap a picture. Plus, kids will get the rare chance to meet one of America's favorite Super Hero's, Spiderman, on Wednesday, January 4, from 5pm-7pm.



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TV watch list

'The Biggest Loser'

REALITY. Twenty new contestants compete, including Roy, a 306-pound 63-year-old who looks like Santa. Or maybe that's just our Christmas hangover talking. Season premiere, 8 p.m., NBC

'Celebrity Wife Swap'

REALITY. Actor Gary Bussey trades partners with televangelist Ted Haggard in the inevitable celebrity edition of this reality schlock. Sigh. Series premiere, 9 p.m., ABC

'Work It'

COMEDY. Oh, wait. The premise of this comedy is two dudes dress as women to get jobs? Sorry "Celebrity Wife Swap" — this is the barrel's bottom. Series premiere, 8:30 p.m., ABC **AMBER RAY**



► Lloyd

Considering the historical and controversial stature of Margaret Thatcher's 11-year run as the UK's prime minister, it's surprising there hasn't been a major motion picture about her until now. But director Phyllida Lloyd is happy to get there first. For her second feature film (following 2008's "Mamma Mia"), the renowned theater director re-teams with Meryl Streep, who turns in a transformative performance. Choosing to focus on the Thatcher of today, with her political career shown in flashback, Lloyd offers a

The lady behind 'The Iron Lady'

► Director Phyllida Lloyd discusses how Meryl Streep brought Margaret Thatcher to life ► 'We were trying to make you feel something,' Lloyd says

softer, more sympathetic depiction of a woman still reviled by many.

How did you approach a film about one of the most famous women in Britain?

I think the first thing that struck me was that it was in no way a biopic, that in some way it was a story about an old lady that took place over three days in which she was trying to wrestle with some huge question of loss, in a way, and that it wasn't going to be a kind of canter through the highlights. It was a film about something else than, "Was Margaret Thatcher a goodie or was she a badie?" And I think to have made a biopic about Thatcher, I would've wanted to have shot a documentary and for it to be eight hours long.

Was the focus on her as an older woman part of an



► Margaret Thatcher, as portrayed by Meryl Streep, is surrounded by her advisers in "The Iron Lady."

attempt to make her more sympathetic, since there is still so much animosity toward her?

In England, she's still one of the most divisive characters, and the debate about her policies and her legacy is largely stuck. There's one way of looking at her where she is the monster she-devil who ruined the lives of millions — and on the other hand, she is Saint Margaret

who rescued Britain from its post-war decline and put us back on the world stage. And there's very little you can find in between those two positions. What we wanted to do was go, "OK, that's all that. Let's just turn this thing upside down and look at it from a completely different point of view."

Speaking of point of view, you chose to shoot much of the flashbacks literally from Thatcher's perspective.

Her memories are all shot from her point of view, so whether what you're seeing is true or false, you don't know that. It's just how it felt to be there. I wanted that point of view: her subjective memory of things, and how it felt (in the case of the Falklands) to be running a war in a room full of men — half of whom are wearing medals and ostensibly know more about war than she does and the other half [of whom are] men who probably did fight in the war. [I wanted to show] how alienating and isolating that might have felt. We were trying to make you feel something.

NED EHRBAR

METRO WORLD NEWS IN LOS ANGELES

Working with Meryl

Phyllida Lloyd admits she may be kind of spoiled when it comes to making films, as both of her movies — "The Iron Lady" and 2008's "Mamma Mia" — have starred Meryl Streep. As Lloyd explains, the celebrated actress' dedication to a part doesn't end when the cameras stop rolling. "She has been completely involved in the process and has gone on having good ideas — you know, right up until I was in the sound mix at the end," Lloyd says. "I've learned a great deal from her."

Would you like to study the Bible — seriously?

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2 Timothy 2:15

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2011 in tweets

► We're welcoming 2012, but let's take a quick look back at 2011 to see what was said in 140 characters or less ► Kate Bussmann, author of 'A Twitter Year,' on the year in tweets

Out of the billions and billions of tweets sent out in 2011, which ones captured that certain moment in time the best? Kate Bussmann got down to the task of finding these gems with her book "A Twitter Year: 365 Days in 140 Characters," which distills a year of conversation, argument, revelation and revolution into a review of the year as written by the Twitter community. Bussmann corresponded with us — in more than 140 characters — about the compilation.

First of all, why a book on the year in tweets?

This has been a banner year for Twitter. The numbers keep on rising. When my book went to press, we were up to 230 million tweets per day, from 65 million in June 2010. And that number is already out of date — we're now up to 250 million. For me and millions of others, the way we consume news has dramatically changed since the

birth of Twitter. We've become a lot more demanding, and we've gotten used to being able to control who and what we're watching.

How did you narrow down what to put in the book?

2011 was an incredibly eventful year: The Royal Wedding, the Arab Spring, the News Corp. scandal, the rescue of the Chilean Miners, the capture of Osama bin Laden, the attacks in Norway, the Japanese earthquake and nuclear disaster, the death of Amy Winehouse, Schwarzenegger's secret son. ... So I really had a wealth of material to choose from. When it came to picking tweets about news events, my main priority was to find people who were firsthand witnesses to the events they were describing; so with the Egyptian revolution, for instance, I looked for people who were in Tahrir Square on Feb. 11, the day that Mubarak fell.

What five people should we be following on Twitter and why?

For no-punches-pulled celebrity fashion commentary, especially during awards season, follow The Fug Girls (@fuggirls). For lightening-fast news, follow Reuters' Anthony de Rosa (@antderosa). Neil Patrick Harris (@actuallynph) and Ellen Barkin (@ellenbarkin) are the polar opposite of the

usual bland celebrity Twitter feeds — and not for the faint-hearted. Steve Martin (@stevemartintogo) is also hilarious on Twitter, and [he] is actually currently compiling his own book of tweets.

DOROTHY ROBINSON
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2011's most unavoidable trends (and the ones that flopped big)



THE SEVENTIES

- You know the look: wide-leg jeans, floppy hat, sky-high platforms. Or a long, floaty dress with, you guessed it, a floppy hat. The '70s trend easily translated to the streets because it's relatively easy to wear. Consumers also loved the up-all-night clubbing look it conjured.

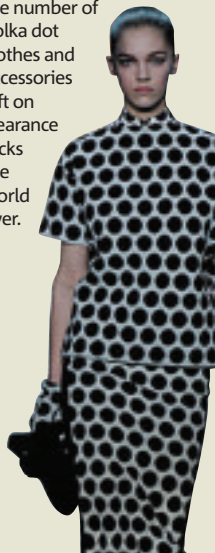


STRIPES

- Thanks to the house of Prada, the streets hosted a parade of fat or skinny, vertical or horizontal, bold, bright and even neon stripes. It was enough to put a yesteryear beach scene to shame. The reason: Stripes are stylish and classic without resembling a one-woman fashion victim warning sign.

POLKA DOTS

- They were supposed to be the new stripes, appearing all over the autumn/winter '11 runways — and then nothing happened. Witness the number of polka dot clothes and accessories left on clearance racks the world over.



KITTEN HEELS

- These were supposed to be the new platforms, giving women a reprieve from back-breaking stilts. Fashion editors loved them and duly pushed them in their magazine pages. But the rest of the world never quite bought it.



KENYA HUNT
METRO WORLD NEWS IN LONDON



STACKED BRACELETS

- Blame Jak & Jil blogger Tommy Ton for all the male and female wrists you've been seeing weighed down with stacks of bling, neon-colored yarn and leather cords.

THE SIXTIES

- Women had barely worn their '70s maxi skirts when the runways began trying to push us into skimpy '60s-style shift dresses. Too much too soon? Seeing as we're all doing a bit of penny-pinching at the moment, it appears shoppers just weren't ready for the fashion pendulum to swing in the other direction so fast.



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According to the Mayo Health Clinic, a 160 lb. person will burn 277 calories an hour walking 3.5 mph. So it will take walking approximately 3.03 miles to burn the 240 calories of a 20 oz. soda.

Made possible by funding from the Department of Health and Human Services.

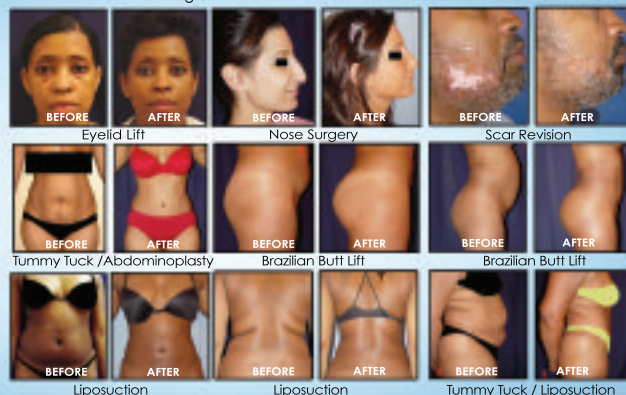
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It's not too early to prepare for summer!

Curb work overload in 2012

- Hope you enjoyed that break, because it's post-holiday crunch time
- How to catch up on work and prevent stress in the months ahead
- A resolution to get you started

True, it's a new year, but that doesn't mean that stack of work you left for after the holidays vanished. We asked a few experts for tricks for keeping your head above water when you feel swamped and preventing work from piling up in 2012.

Be realistic

Commit only to the things that you can realistically manage. "When we overcommit, we have a tendency to let team members and clients down," says Michael Timmes, a human resources specialist at business consulting firm Insperity.

Limit distractions

"Turn the distracting dings, vibrates, buzzes and beeps off," says Marsha Egan, author of "Inbox Detox." "If possible, try checking your e-mail and phone messages a limited amount of scheduled times per day."

Organize the smart way

It's crucial to stay organized, but take it one productive step further and incorporate personal deadlines into your short- and long-term projects. "Planning should take place on multiple levels daily, weekly, monthly, quarterly and annually," says Timmes. "With

proper planning, we can focus our time on the important non-urgent items and minimize the time spent in a crisis mode."

Communicate

It's not easy admitting that you made a mistake or that you need help, but sometimes you need to do just

that. "Being able to communicate with your managers and senior executives will improve your relationships at the workplace and overall decrease your stress level," says Peter Handal, CEO of Dale Carnegie Training.

JULIA WEST
letters@metro.us



► Look familiar? Make a plan now to even out the piles in the new year.

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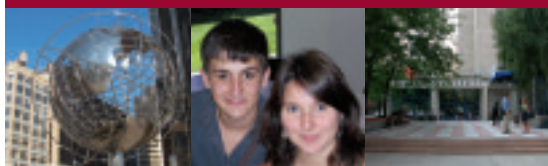
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Q&A: From the past

In some conservative circles, you're often demonized for a set of policy suggestions you sent to Hillary Clinton in 1992 — the "Dear Hillary letter." What is your response to this uproar? These critics say it was a plan to turn their children into little cogs in the industrial wheel, with regional boards that will assign children — Soviet-style — to a particular career. You won't find a word in that letter to support that view. I urge you to Google the text and read it. I've never entertained any thoughts like that. It's absurd. What I was doing in that letter was simply saying that we don't have the kind of system that most top-performing countries have, in which the pieces fit together in a way that serves kids.

Setting new standards in a new world

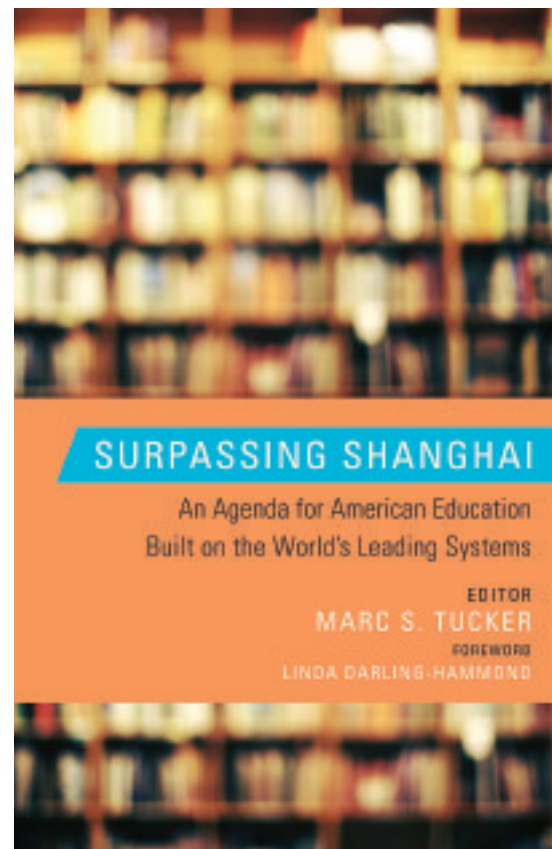
► In 'Surpassing Shanghai,' the National Center on Education and the Economy recommends looking to other countries for education strategies

In 2010, the secretary of education, Arne Duncan, asked the National Center on Education and the Economy — along with others — to create a report on education strategies of the United States' top competitors. The official report was submitted last December, and this month Harvard University Press is releasing a volume of policy recommendations based on the research: "Surpassing Shanghai: An Agenda for American Education Built on the World's Leading Systems." The book is edited by the president of the NCEE, Marc S. Tucker, who has long campaigned for creating more thorough standards in U.S. education.

Why has the idea of standards in education been such a driving force in your career as a researcher and author?

When the performance of our students is compared with that of students in other countries, we tend to come out somewhere between the middle and the bottom distribution. This country ought to be very, very concerned about that. Most economists agree that in the long run, a country's standard of living is a function of how well educated [and] how skilled its people are. Time after time, when we look at how these other countries are doing this, we find that they have set high standards and put curricula in place to get students to those standards.

Was No Child Left Behind a step in the right direction, from your perspective?



Quoted

"Most economists agree that in the long run, a country's standard of living is a function of how well educated [and] how skilled its people are."

TUCKER

It was, in the sense that the country got concerned about standards. But No Child left it up to the states to determine their own standards, and they imposed severe consequences on schools that failed to meet those standards, so many of the states deliberately set low standards to ensure that their schools wouldn't have to face the music.



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How you can help your kids get a healthier school lunch

► Sarah Wu went undercover to explore cafeteria food — and was pretty upset with her findings ► She's out to improve your kids' midday meals

Sarah Wu — aka blogger "Mrs. Q" — is taking school lunches by storm. The Chicago working mom's blog (www.fedup-withlunch.com) and subsequent book of the same name is taking schools to task for offering students unhealthy meals. But every parent can take steps to make sure kids get nutritious lunches. "Parents really need to get involved," Wu tells Metro. "The best way is to use the PTA. They should air their views and raise concerns."

Because every school uses different caterers, change is on a case-by-case basis. "Parents should re-



search the caterers," Wu advises. "After parents complained, one provider in Chicago started using more local produce and antibiotic-free chicken.

That's a huge step. Also, take a look at what's in the school vending machines."

Packed lunches are an alternate option, but Wu has found that parents can be uneducated on what's healthy and what's not. "Parents have to educate themselves and read labels meticulously," she adds.

Good nutrition sense, however, starts at home in the kitchen. Wu advises parents to involve their children with cooking. "Don't be afraid to make a mess," she says. "Show children how easy and fun it is to cook. It's so helpful for their development of good eating habits."

How Sarah Wu got started

► In 2009, Wu — who has since won praise from Jamie Oliver and other healthy food activists — ate school lunch every day for a year and blogged about it under the pen name Mrs. Q. "I was amazed at how processed it was," she says about the initial lunch that set her journey in motion. Processed food has little natural nutrition. "It was so unsatisfying. I felt hungry soon after."

LINDA CLARKE
letters@metro.us

Charity. Good eats



Quick way to help kids

Birds Eye has partnered up with Share Our Strength's No Kid Hungry Campaign to form the Feed Kids Better initiative, with a goal to donate vegetables for up to one million meals. Parents can visit www.facebook.com/birdseyevegetables to build their own veggie-powered plates and teach their children the importance of vegetables in a healthy meal. For every plate created, Birds Eye will donate vegetables for 10 meals to Share Our Strength. METRO/ME

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World leaders:
Do you care?

New Year's day has come and gone, and many resolutions have been made. But by and large, few will really be kept. Our world governments and leaders need to have resolutions that truly can be enacted. The issues of this world are truly most troubling. Look at this list: world-wide unemployment, European debt crisis, war in Afghanistan, development of nuclear weapons, earthquakes, famine — and let's not forget the polar bears are losing their natural habitat. The question I have is, where is the con-

cern for our planet in 2012 and where is the peace on Earth? Do enough people in position care enough? I think as a human race it is one resolution that should be kept. Even if our world leaders can't do the right thing.

FREDERICK R. BEDELL JR.,
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Congress ought
to be laid off

National polls have shown consistently that the electorate is thoroughly disgusted with our dysfunctional Congress. If any member of the labor force

received a job evaluation as negative as the one Congress is getting, he or she would be expected either to improve performance or to look for a new job.

GLENN HAYES, KEW GARDENS

What about
Hitler, Paul?

If you follow Ron Paul in his foreign affairs logic, the question he should be asked is what would he have done with Hitler? Since Hitler did not "attack" the U.S., I guess he would not have gone over to Europe to fight off Hitler? With his logic, the

concentration camps would have had to wait for someone else to liberate them and save Europe? Guess London and France would have been on their own? Someone should ask him if the Vatican City was surrounded by countries who hated them, had nuclear weapons and threatened to wipe them off the face of the Earth — would he care? Guess not!

JOAN BACHMAN, HAZLET, NJ

Don't believe
this guy one bit

The new "sincere/grassroots" approach by House Speaker John Boehner (complete with tears) comes across about as genuine as a pork chop is likely to be served at a Bar Mitzvah. Sir, you're not fooling anyone.

HERB STARK, MASSAPEQUA

Horoscope

♈ Capricorn Dec. 22-Jan. 19. No one will have to tell you what to do or say in order to make everyone happy. You'll have no trouble being the center of favorable attention. ♉ Aquarius Jan. 20-Feb. 19. You're likely to be more effective guiding things from the background than by being out in front, making loud noises. Maintain a low profile when you're handling a delicate situation. ♊ Pisces Feb. 20-March 20. It behooves you to seek out the action and to get involved personally. The greater the crowd around you, the more effective you can become. ♈ Aries March 21-April 19. Try to be especially attentive to what or who can make you money. Although you'll have to work for it, making the right choices could yield you more than usual. ♉ Taurus April 20-May 20. If you're prepared to be philosophical about life's offerings, events should ultimately unfold to your liking. Regardless of how things go at first, remain tenacious and hopeful. ♊ Gemini May 21-June 20. There are few who are as creative as a Gemini when it comes to making the most out of the least, which you are apt to prove once again.

♊ Cancer June 21-July 22. Don't be surprised if your popularity suddenly soars. You're in a cycle where those who know you only slightly will want to get to know you better.

♊ Leo July 23-Aug. 22. Hesitating to elevate your sights will inhibit you from achieving what you truly want and secretly believe you can obtain. If you don't trust your talents, no one else will.

♊ Virgo Aug. 23-Sept. 22. In order for your finer qualities to emerge, you are likely to require some kind of stimulating challenge to bring them forth. It could be anything from a game to a big business deal.

♊ Libra Sept. 23-Oct. 23. Your family is likely to enhance your feelings of belonging and, in doing so, instill confidence in you. There is no stronger force than security.

♊ Scorpio Oct. 24-Nov. 22. Considerable pleasure can be derived from being brought up to speed concerning the doings of your friends and family. Ring up your favorite newshawks to get all the juicy info.

♊ Sagittarius Nov. 23-Dec. 21. If you are prepared to produce, the compensation for which you're hoping will be there. The present cycle you're in may be brief, but you'll be able to garner more than usual.

BERNICE BEDE OSOL

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ON THE WORLD OF NEWS AND ENTERTAINMENT

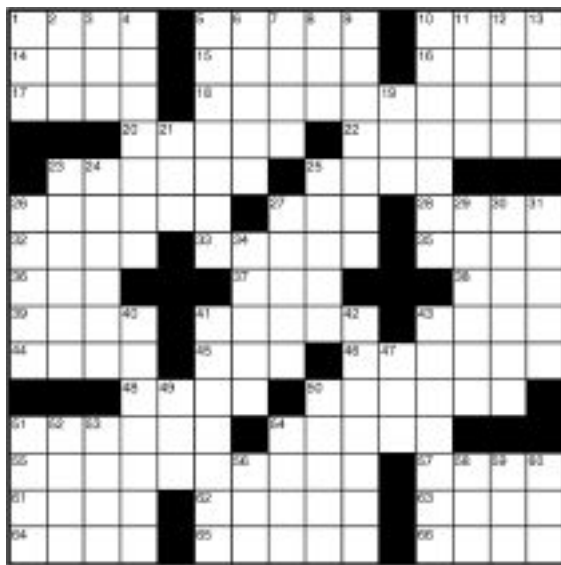
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Across

- 1 Wolf's expression
5 Felt sore
10 Collar site
14 ___ mater
15 Davit
16 Nobel Prize city
17 Tiny Tim's pudding
18 Future energy source? (2 wds.)
20 It merged with BP
22 Revises
23 Herons and egrets
25 Unforeseen problem
26 Fraidycat
27 APO users
28 Octopi have eight
32 Horse color
33 Tea cake
35 Vacillate (hyph.)
36 Taiga roamer
37 Pull laboriously
38 ___ Star Pictures
39 Knighted Guinness
41 Was an omen of
43 Beach toy
44 Chatty starling (var.)
45 Explorer ___ Helen Johnson
46 Gauchos' ropes
48 Bumpkin
50 Postponed action
51 Diners
54 Insurance giant
55 Go-ahead (2 wds.)
57 Gigantic
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62 Ms. Lauder
63 "A Summer Place" star
64 Ties up the phone
65 Gave medication
66 Tooth anchor

Down

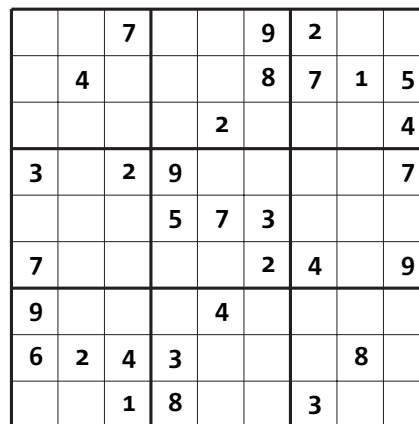
- 1 Drink like Rover



- 2 Bracket type
3 Cassowary kin
4 Fasting time for some
5 Honda models
6 Gator cousins
7 Luminous circle
8 Put a stop to
9 Goalie's job
10 Bunch of flowers
11 B ___ baker
12 Tramp along
13 Billions of years
19 Ms. Thurman

- 21 Debussy subject
23 Like sheep
24 Rise and shine
25 Burn slightly
26 Elite
27 Red-waxed cheese
29 Spin around
30 Countless
31 Muddies up
34 Almost but not quite
40 Long-term occupations
41 Snow vehicle

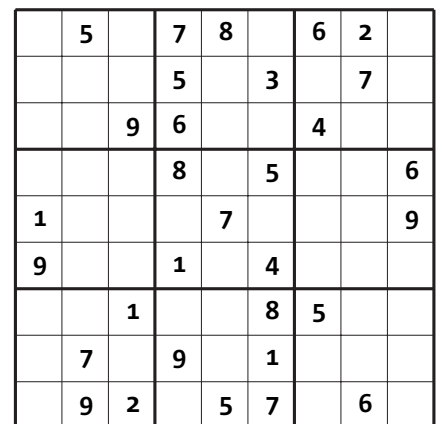
- 42 Consarned
43 Powwow
47 Arabic for "son of"
49 Coffee dispenser
50 Giggle (hyph.)
51 Like souffles
52 Type of rug
53 Salad bowl wood
54 PR persons
56 Equal, in combos
58 Historian's word
59 ___ Paulo, Brazil
60 Explosive letters



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Solution to holiday's
crossword

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destinations

Free national parks days 2012

► Our national parks get even better with several fee-free days at more than 100 spots that usually charge admission ► Three great highlights

Have you visited your local national park yet? For 17 days in 2012, admission to more than 100 of the country's national parks will be free, thanks to the National Parks service. Those include some of the most popular: Grand Canyon National Park, Yosemite National Park, Yellowstone National Park and Acadia National Park.

Visits to the national parks are a great choice for family trips — most parks have a Junior Ranger Program, where kids complete activities lead by park rangers to earn badges. Be

If you go

Park admission is free Jan. 14-16 (Martin Luther King, Jr. Day weekend); April 21-29 (National Park Week); June 9 (Get Outdoors Day); Sept. 29 (National Public Lands Day) and Nov. 10-12 (Veterans Day weekend).

sure to check out these added attractions if you go:

Grand Cookout at Grand Canyon National Park: On the North Rim, eat under the stars and enjoy live entertainment at this chuckwagon-style dinner event.



► Tourists watch the "Old Faithful" geyser, which erupts on average every 90 minutes in the Yellowstone National Park in Wyoming.

Historic Yellow Bus Tours at Yellowstone National Park: Restored in 2007, these colorful 1937 buses have tours ranging from one hour to one day. If it's sunny, you'll get to bask in the sun as your driver (and guide) opens up the convertible

top. **Yosemite Falls Trail at Yosemite National Park:** It's just a short trek to the base of the highest waterfall in North America, whose three cascades combine for a total drop of 2,425 feet. In May, visitors are likely to

get soaked on this short route during the peak water flow.

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Male urination problems? Up at night having to "go"? Trouble starting your stream?

Revolutionary new drug-free formula helps you regain your youthful prostate function so you'll urinate less often and sleep through the night!

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—Michael P.

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—Larry D.

"All my urination problems—urgency, frequency, low flow, dribble—they're totally gone now!"

—Jonathan S.

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3

Giants amp up energy for playoffs

The Giants have little time to pat themselves on the back following Sunday night's NFC East-clinching win because up next is an even tougher test in the Atlanta Falcons.

"We've been in a playoff mode the last few weeks, so

that'll help," said defensive end Justin Tuck. "But we'll need even more intensity than the Dallas game because we're playing a very good Atlanta Falcons team."

New York dominated Dallas in what was essentially a playoff play-in



► Tuck

game, but the Falcons offer a new set of problems.

The short turnaround is something Giants head coach Tom Coughlin worries about, but it's better than the alternative — just ask their co-tenants.

"What I told them was

the straight up truth; this is the playoffs," Coughlin said. "There are 12 teams in the playoffs and 20 teams go home, it is a single-elimination tournament and if you win, you go on. If you lose, you go home. It is reality."

● TONY WILLIAMS

Rangers take Classic

► Blueshirts rally from down 2-0 to take NHL's annual outdoor game ► Richards scores game-winner, Rupp adds two goals ► Staal plays for first time this season off concussion

SCOTT LEVY/NHL/GETTY IMAGES



► Brad Richards celebrates the game-winning goal in yesterday's Winter Classic.

In the end, the NHL's premier in-season event could have been hosted in a back alley instead of a ballpark.

A crowd of 46,967 crammed into Citizens Bank Ballpark to watch the 266th meeting between the Rangers and Philadelphia Flyers. What they witnessed was mean-spirited, compelling hockey.

"I couldn't be happier for him," John Tortorella said of Mike Rupp after the Rangers' 3-2 win over the Flyers while wearing the Broadway Hat. Rupp scored twice for the Rangers and Brad Richards potted the game-winner.

"Games like this, it kind of gives guys like me more of an opportunity to get something ugly," Rupp said. "My whole thinking is if I get a chance to shoot, I'm going to shoot."

It was the Rangers' third win in three games against

Staal happy to be on ice

Marc Staal has finally returned.

"It's tough to watch a lot of games so to be back in the lineup, to be back with the guys around is really good," Staal said about his first game back from post-concussion symptoms. "My stomach started churning. I was constantly going over what I had to do in the game."

● METRO/DG

Philadelphia this season. The Rangers lead the Flyers by four points in the Atlantic and are tied with Chicago atop the league.

● DENIS GORMAN
sports@metro.us

In the news



Heads roll day after NFL season

The Monday after the NFL season is referred to as Bloody Monday due to the proliferation of firings. Yesterday didn't disappoint.

Two head coaches, Tampa's Raheem Morris and St. Louis's Steve Spagnuolo, were fired. The Rams also fired GM Billy Devaney.

The Colts, coming off a two-win season, cut ties with vice chairman Bill Polian and GM Chris Polian.

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149 Stueb Dr S8 160s St 750 1br 850, 2833 br Hoso \$8 170s rent 3br 1212 CSH Hill 1br Hoso \$8, Hts P1 1br 849 2br 961 Feps okay, Susan 718-294-2600

149 Stueb Dr S8 160s St 750 1br 850, 2833 br Hoso \$8 170s rent 3br 1212 CSH Hill 1br Hoso \$8, Hts P1 1br 849 2br 961 Feps okay, Susan 718-294-2600

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Apartments

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of Org. filed with Secy.
of State of NY (SSNY)
on 11/10/2011. Office
location: Queens County.
SSNY designated as
agent of LLC upon whom
process against it may
be served. SSNY shall
forward process to: 83-45
Broadway #524, Elmhurst,
NY 11373. Purpose: real
estate rental.

NOTICE OF FORMATION OF
RLFNY Consulting LLC.
Art. Of Org. filed with Secy.
Of State of NY (SSNY) on
December 7, 2011. Office
location: New York County.
SSNY designated as agent
of LLC upon whom process
against it may be served.
SSNY shall mail process to:
Neil D. Ash, 122 East 42nd
Street, Suite 1507, New York,
NY 10168. Purpose: Any
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SOMETIMES SPORTS FANS HAVE TO HANG TOUGH

At Time Warner Cable, we're sports fans too – that's why we fight hard to keep the sports you love on the air at a price you can afford.

Our negotiations with MSG went down to the buzzer – and for details on the outcome, we invite you to visit our website TWCconversations.com/MSG.

Whatever your feelings about our companies going head-to-head, keep in mind that even without MSG, **Time Warner Cable will carry nearly 40 percent of this season's Knicks games and nearly 30 percent of the remaining Rangers games.**

We take pride in bringing viewers the best in sports – and work hard to keep the price of TV reasonable.

And remember that every TV provider is at risk for blackout threats. Last year MSG pulled the plug on DISH – so switching is not a solution.

From everyone on the Time Warner Cable team - thank you for your patience and continued loyalty.



TWCconversations.com/MSG

JANUARY GAMES AVAILABLE TO TWC CUSTOMERS:

Knicks

Jan 12 vs. Memphis Grizzlies (TNT)

Jan 27 vs. Miami Heat (ESPN)

Rangers

Jan 2 vs. Philadelphia Flyers (NBC)

Jan 15 vs. Montreal Canadiens (NBC Sports/Versus)

Jan 17 vs. Nashville Predators (NBC Sports/Versus)

Devils

Jan 4 vs. Boston Bruins (NBC Sports/Versus)

TV schedules subject to change.